



LUNCH IN THE GARDEN

June 10, 2011 — Winter Savory

This Week's Recipe:

Beans with Winter Savory

- 2 cups of dried beans of your choice - navy, pinto, etc.
- 3 tablespoons of bacon drippings
- 1 onion chopped
- 1 tablespoon of Winter Savory dried or chopped fresh
- 1 can of chicken stock
- Salt and Pepper to taste

Place bacon grease in pot big enough to cook the beans, add onion, and gently heat while stirring until translucent. Add the chicken stock, beans, and Savory to the pot, also adding enough water to completely cover the beans. Bring to a boil, then lower heat and simmer for 2 hours or so until the beans are done. Drain and place in a serving bowl, and add salt and pepper as needed. Serves 6.

Harvesting & Storing Winter Savory

- Winter savory was commonly used as a strong flavored herb in Europe before black pepper was imported. It has one of the strongest flavors of any herb.
- The plant is very cold hardy, so it can be harvested much of the year.
- It can be dried for winter use.
- Harvest sprigs and chop or use whole to infuse.
- Sprigs are tender in spring, and woody later in the year.

Other Points of Interest in the Garden This Week:

- We are finding squash vine borer eggs on the base of the squash plants, so now is the time to spray!
- We pulled the snap peas and planted cucumbers and squash in their place this week.
- The Prairie Star Annuals are now planted in the wheelchair height garden. Watch them throughout the summer.
- The potatoes are starting to decline. We'll be pulling things and replanting for the next couple weeks.

Coming Next Week—Leeks

Buttered Corn with Summer Savory

1 can of sweet corn or 1 package of frozen sweet corn.
1 tablespoon melted butter
1/2 teaspoon summer savory leaves (fresh or dried)
Salt and pepper to taste

Heat corn appropriately per package instructions.
Drain excess liquid and place hot in a serving
bowl. Stir in the remaining ingredients. Serves 2

Perky Chicken Salad

1/4 c. chicken broth
3/4 c. mayonnaise
1 tsp. fresh finely minced Winter Savory
2 1/2 c. cooked diced chicken
1 1/2 c. diced celery
1/4 c. chopped pecans
1/4 c. sliced stuffed olives
3/4 tsp. salt
2 c. cooled pasta
1 c. frozen peas

Gradually add broth to dressing - blend well. Add
Winter Savory and a dash of curry powder. Toss to-
gether chicken, celery, pecans, olives, salt and pepper,
pasta and peas. Add dressing and mix. Blend lightly.
Serve with tomatoes and lettuce.